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HARRY STYLES AND THE SUPER-HOT BOY BAND ONE DIRECTION ARE MAKING A CONCERT FILM WITH SUPER SIZE ME'S MORGAN SPURLOCK

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Erosion of trust

Council's vote to fast-track a mega-development is like a breach of contract with the community, one councillor says

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Western rolls out welcome wagon

Students are hoping to break the 'campus bubble' with events that reach out to Londoners

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World on edge

Tensions mount as the Obama administration 'concludes' that the Syrian regime used chemical weapons and promises retaliatory action

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NEWS WORTH SHARING.

Here's to you — Dr. Howard Rundle, retiring president of Fanshawe College, said goodbye to colleagues, friends and dignitaries at a glittering event at the London Convention Centre on Wednesday night. MIKE DONACHIE/METRO

Farewell to Howard

Moving on. Fanshawe College president retires at gala dinner with special announcement

MIKE DONACHIE
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Fanshawe College said an emotional farewell Wednesday night to a towering figure in its history.

Dr. Howard Rundle has steered the ship through calm and choppy waters as its president for almost 18 years.

His retirement was marked by a big announcement, too. The digital and performing arts centre the college is creating on Dundas Street is to be named the Howard W. Rundle Building, board of governors chair Crispin Colvin said.

Rundle said he was "speechless" after hearing of the honour, but he did find the words to thank those who had supported him.

"For 41 years, I have looked forward to going to work most every day," he said. "For the past nearly 18 years I have considered it a privilege to have held the position of Fanshawe College president."

The tributes to Rundle were many and heartfelt, in person and via a series of videos. Bob Siskind, Fanshawe supporter and principal of real-estate firm Decade Group, summed it up: "It's true that some people think Howard Rundle and Fanshawe is one continuous word."

Wednesday's dinner was attended by more than 350 staff, students, friends and supporters, including MPs Irene Mathysen and Ed Holder, MPP Peggy Sattler, city councillors and Mayor Joe Fontana.

There was also a performance by Fanshawe graduate and three-time Juno nominee Emm Gryner.

Rundle's time as president saw huge changes as a small college grew into a major London institution, from 3,300 students when he took over to 18,000 full-time and 26,000 part-time students today.

Highlights have included the ongoing $40-million downtown campus project.

There were difficult times, too, especially last year's Fleming Drive rioting involving Fanshawe students on St. Patrick's Day.

Rundle is succeeded by former Canadian army lieutenant-general Peter Devlin.

Follow Mike Donachie on Twitter @Mike_Donachie

What? Again? Contraceptive pills recalled

A batch of Freya-28 has been pulled from shelves, only months after another brand was recalled

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Knightly news

The Hunter family has deep roots in London's hockey scene, and it all began with their dad

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Read these lips: No boring colours for fall

Take your cue from the likes of Katy Perry and pucker up with brilliant hues

PAGE 13

Come on in: Lindsay Meldrum, left, and Jasmine Irwin, of Western University's student council, show off a jacket made by the new Creative Services, where experts are offering their skills to the public. MIKE DONACHIE/METRO

Western students trying to pop campus bubble

Putting out welcome mat. Student council encouraging better links between campus, city

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The students are coming back, and this time they want to welcome Londoners in.

The University Students' Council at Western is working on a whole stack of ideas for encouraging a stronger bridge between the campus and the city.

Already, Londoners are welcome on campus at attractions including the Wave restaurant in the student council building and the low-priced movie theatre.

Now the organization is creating more links, starting with a guide to the city that will be given to every new student during next week's Orientation Week.

"As a London resident, I think it's really great to make students invested in the community," said Jasmine Irwin, USC vice-president of communications. "London experiences the highest rate of brain drain — that's people studying here and leaving at the end of their education — of any city in Ontario.

"If students were made to feel a bit more at home they might be more inclined to stay and contribute to the local community after they've graduated.

"As a student, or former student, I think it's really sad that students don't always know what London has to offer."

New ventures from the USC include Creative Services, a merger of a print shop and clothing store that can design and create anything from business cards to sweatshirts.

It's open to the public, as is the USC box office, which is offering tickets to events at Budweiser Gardens and The Grand Theatre.

At a glance

Western University students have two upcoming events they're hoping will get the community more involved in on-campus efforts.

- The annual Shinerama charity fundraiser will be in Victoria Park on Sept. 8. For the fundraiser, students generally spread out across the city campaigning on the street for donations. Moving as a unified force into Victoria Park is aimed at turning the project into more of a festival for the whole community.
- Students are planning a Terry Fox Run on Sept. 15 and are inviting the community to get involved.

English Language Centre

First students arrive for new Western class

The first students to join Western University's new English Language Centre are about to arrive.

This weekend sees the start of the university's first foray into specialist English teaching, with 85 students enrolled.

They are mostly from Asia, and the idea is to keep bringing in academically qualified students from across the globe, even if their English isn't yet good enough to study in Canada.

Also part of the intake are 19 scholarship students from Angola, who might otherwise have gone to study in the United States.

"Studying at Western, in London and in Canada has incredible advantages," said Matt Bazely, the language centre's administrative director. "Canada is a welcoming country for international students; London is a safe community and the quality of a Western degree makes for a great recruiting pitch.

"With the new English Language Centre in place, Western is well positioned to recruit across the globe to find the best and brightest students to study here."

Students will study at the centre for four to 16 months, depending on their language proficiency. During that time, they'll be prepared for studies at Western, Brescia, King's University College and Huron University College.

Steve Bird, the centre's academic director, is excited about the research possibilities.

"The centre will be a catalyst for research and publications as we contribute to the fields of international education, socio-linguistics and psycholinguistics," he said.

MIKE DONACHIE/METRO

Hospital 'on top of' C. difficile outbreak

LHSC's University Hospital is urging visitors to take extra hand-washing precautions because of what's considered a minor outbreak of C. difficile. MIKE DONACHIE/METRO

A specialist in infectious diseases at London Health Sciences Centre insists there's little to fear from the C. difficile outbreak at University Hospital.

Dr. Michael John, medical director of infection prevention and control, said the six affected patients have been isolated, and people are still encouraged to visit people in the facility.

"It's a small outbreak, and we jumped on top of it right away," he said. "I don't think there's a reason for concern for people visiting or even family who have patients in the hospital. But if you come to visit, wash your hands well."

The hospital declared a "Level 1" outbreak about a week ago after three patients were diagnosed with the bacteria that causes flu-like symptoms within the same week. Three more cases were then confirmed shortly after, which raised the threat to "Level 2."

The outbreak is considered to be minor.

"This is nowhere near the level where we would restrict visitors or stopping admitting patients to the ward," John said. SCOTT TAYLOR/METRO

What exactly is C. difficile?

Formally known as Clostridium difficile, it's a bacteria that causes diarrhea and other serious intestinal conditions. It is the most common cause of infectious diarrhea in hospitalized patients in the industrialized world.

Hippie phase? Sure, Wynne toked up … 35 years ago

Ontario Premier Kathleen Wynne says she's puffed a little pot, just like her Liberal counterpart Justin Trudeau.

But she says the last time she smoked a joint was 35 years ago, before she was elected to provincial parliament.

Trudeau has said that marijuana should be regulated and legalized, but Wynne wouldn't say whether she agrees with him.

She says there needs to be a discussion about the possible pros and cons first.

Trudeau admitted last week that he took a pull on a joint at a dinner party three years ago, while he was an MP.

Toronto Mayor Rob Ford also admitted Wednesday that he's smoked pot — "a lot of it."

Foreign Affairs Minister John Baird has said he has stayed away from the drug after seeing a U.S. Supreme Court nominee withdraw after it emerged he had smoked marijuana in college.

Justice Minister Peter MacKay says most Canadians expect their elected representatives to stick to the straight and narrow.

THE CANADIAN PRESS

Kathleen Wynne METRO FILE

Bradley Priestap. Western's peeping Tom convicted

A 48-year-old London man who police say terrorized women living near Western University's campus has been found guilty of numerous charges.

Bradley Priestap was convicted Tuesday of 12 of the 16 trespassing and voyeurism-related charges he was facing. Police received reports last summer of a man peering into windows, scaling fire escapes of students' homes and jiggling door handles.

Priestap, who had pleaded not guilty to the charges, testified in his own defence.

A sentencing date has not been determined, but it's possible authorities will apply to declare him a dangerous or long-term offender at that time. THE CANADIAN PRESS

Extensive investigation

Priestap was arrested in September 2012 following an extensive investigation that included installing a GPS device in his car.

Happy Labour Day!

City parking restrictions take effect Monday

Summer unofficially ends Monday and with that comes the return of parking restrictions.

Effective Labour Day, parking will be banned on city streets between 3 and 5 a.m.

The ban, aimed partially at making sure snowplows can make their way along streets in the winter, is lifted annually on Victoria Day.

People with questions or concerns should call the city at 519-661-4537.

METRO

Fall phase-in

Province adding advisory boards at jails

The provincial government says it's expanding the use of community advisory boards at jails across Ontario.

Community advisory boards are to be phased-in over two years at all new and existing facilities with more than 425 beds.

The phase-in will begin this fall at the Elgin-Middlesex Detention Centre, the Toronto South Detention Centre and the Ottawa Carleton Detention Centre.

THE CANADIAN PRESS

Coun. Joni Baechler says PenEquity got everything they wanted in a development deal for city land, and politicians quite likely will pay the biggest price. METRO FILE

PenEquity axe to cut deepest: Coun.

Rezoning. Trust in politicians is the real victim of development deal, councillor says

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Thousands of trees in a woodlot near Highway 401 are expected to come down as hundreds of millions of dollars are invested in London.

But for Coun. Joni Baechler, who failed in a Tuesday attempt to halt rezoning the property for development, the decision erodes the trust people place in their politicians.

"For me, it is the integrity in our planning process that we have articulated in our official plan," said Baechler, who referred to that planning document many times Tuesday night. "For me, when the process or policies are not followed, it's like a breach of a contract and it's a question of the community wanting to trust politicians to follow the policies that they have agreed to."

The problem is all the studies required by city planning policy weren't completed. But, with the massive investment and 1,650 jobs in mind, councillors gave the retail development off Dingman Drive a green light. Someone could appeal to the Ontario Municipal Board, but Baechler estimated it would cost $60,000 to $70,000 to hire all the lawyers and experts needed.

"We've sealed the fate of the woodlot and the trees," she said.

PenEquity deal at a glance

- The developer must pay compensation for trees that will be torn down. That means six will be planted on other London woodlots for every tree that is felled.
- The woodland will go, but the site's wetland must be evaluated by the province and, if deemed "significant," must be protected. Baechler says the loss of the trees will kill the wetland anyway.
- The London Chamber of Commerce says the completed development will employ 1,200 people. Construction will support 450 jobs and will generate $9.4 million in development charges for the city, $440,000 in building permits and annual property taxes of $2.8 million.

The parking lot of Sherwood Forest Mall was full of flashing lights Tuesday as police investigated an attempted burglary that saw the suspect jump from a roof. MIKE DONACHIE/METRO

Suspected burglar arrested after risky escape attempt

A 27-year-old London man went from the penthouse to the jailhouse in one easy step Tuesday night.

Witnesses said a man who was allegedly trying to break into the mall was unceremoniously interrupted about 10:45 p.m. when a number of police cars darted onto the scene.

Officers spotted the man, identified as Neville Baboram, on the roof of Bernie's Bar and Grill and closed in to arrest him, but he jumped in a last-ditch attempt to escape.

Const. Ken Steeves said Baboram didn't get far and was arrested in short order. He sustained minor injuries and was still in custody as the investigation continued Wednesday.

Steeves said the suspect didn't gain entry to the mall. He's been charged with break and enter and possession of a break-in instrument.

SCOTT TAYLOR/METRO

A Middlesex-London Health Unit nurse draws a flu vaccine during last year's rush for shots. METRO FILE

Health unit urges caution following flu shot study

Being wary. Aussie study suggests vaccine lowers heart attack risk, but one local doctor says findings can't be taken as gospel

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A recent study that suggests flu shots dramatically reduce the risk of heart attack is being regarded with caution locally.

Australian researchers concluded the flu vaccine could reduce the risk of heart attack in middle-aged people with narrowed arteries by almost half.

The study included 559 patients and was conducted by researchers at the University of New South Wales in Sydney. Results were published in the medical journal Heart.

While the Middlesex-London Health Unit encourages people to get a flu shot, they're not yet ready to advertise it as an easy way to avoid the risk of suffering a heart attack.

Where to get the shot

The Middlesex-London Health Unit walk-in immunization clinic at 50 King St. will have new hours effective Sept. 4. They are:

- Monday: 10 a.m. to 4 p.m.
- Wednesday: 10 a.m. to 7 p.m.
- Friday: 10 a.m. to 4 p.m.
- Health-care providers and pharmacies will also offer vaccinations.

"We know that influenza itself can worsen underlying medical conditions, including heart conditions, but that's generally what people have thought about flu for a long time," said Dr. Bryna Warshawsky, the health unit's associate medical officer of health. "And we know that the influenza vaccine is quite good at preventing influenza, so it's reasonable to assume that if you get vaccinated you're less likely to have serious complications from influenza, including worsening of your underlying condition."

Quoted

"It's reasonable to assume that if you get vaccinated you're less likely to have serious complications from influenza, including worsening of your underlying condition."

Dr. Bryna Warshawsky, Middlesex-London Health Unit associate medical officer of health

Warshawsky suggested the conclusions of an isolated single study, while possibly optimistic, can't be taken as gospel.

"Every study has its challenges, as does this one, but the findings in it are consistent with what we generally know about flu and influenza vaccine, so it's fair to say that we generally know that influenza worsens underlying medical conditions, including heart conditions and that vaccines can help mitigate that," she said.

Methadone clinic facing more trouble

The much-criticized methadone clinic in Old South is facing a new problem.

It's under scrutiny by the city after ward Coun. Denise Brown questioned if it had met its strict zoning conditions before opening.

Brown led a campaign against the clinic, run by Ontario Addiction Treatment Centres, but it received city approval in October 2012.

But the city ruled that it can only dispense 200 doses of methadone per day and must be surrounded by a chain-link fence.

Also, a new municipal regulation comes into force on Monday, meaning the clinic, located at 425 Wharncliffe Rd. South, will need a licence to operate. It doesn't have one.

At city council Tuesday night, Brown asked city staff to investigate if the conditions had been met, questioning if its fence is good enough. On Wednesday, a city official confirmed an investigation is under way.

The centre was open Wednesday afternoon. Staff declined to speak with Metro and provided a phone number for the OATC offices in Toronto.

A call there was not returned.

MIKE DONACHIE/METRO

Marking summer's end

Your chance to stay connected

The London Intercommunity Health Centre has partnered with the city for a North East Community Fair to mark the end of summer.

Running from 4:30 to 7 p.m. Thursday at Stronach Community Centre (1221 Sandford St.), the fair is aimed at connecting people with community services.

That means local groups will have displays about health and wellness programs. METRO

Stephen Watson. Local artists getting ready for unveiling of mural

Local artists are preparing for a weekend-long celebration to mark the unveiling of their Stephen Watson Memorial Mural.

The mural will be completed Friday, exactly one year after Watson, a London artist and a champion of ocean preservation, died of cancer.

Dozens of artists have been working for more than a month on the mural that stretches across 197 and 199 Dundas St. The unveiling — slated for 5 p.m. — will coincide with the start of Artfusion Fest 3, a three-day party at King and Clarence streets.

The grand unveiling of the mural is set for 5 p.m. The event will feature painting, music and a light show.

Admission is a suggested donation of $5 with proceeds going back to the project. Visit swmm.ca for details.

METRO

The moment we sleep, the dream ends: Obama

Martin Luther King Jr. President uses 50th anniversary of speech to stress fight not over

Rev. Dr. Martin Luther King Jr. speaks to thousands during his "I have a dream" speech on Aug. 28, 1963. THE ASSOCIATED PRESS FILE

The United States' first African-American president paid tribute Wednesday to its most revered civil-rights hero, standing on the steps of the Lincoln Memorial to urge Americans to continue fighting for equality and justice, 50 years after Rev. Martin Luther King Jr.'s historic "I have a dream" speech from the same spot.

"They did not die in vain; their victory was great," Barack Obama said of King and other slain civil-rights leaders of the tumultuous 1960s as he delivered his address just after 3 p.m. on Wednesday, the same date and time that King did a half-century ago.

"But we would dishonour those heroes as well to suggest that the work of this nation is somehow complete. The arc of the moral universe may bend towards justice, but it doesn't bend on its own."

Obama's remarks capped a rainy day of events that began when as many as 100,000 people marched through the drizzle to the National Mall.

Obama and many of the participants — which included Oprah Winfrey, members of King's family, Caroline Kennedy and former presidents Jimmy Carter and Bill Clinton — noted that while King called for equality and justice for all in 1963, African-Americans and other minorities still face significant obstacles.

John Lewis, now a congressman from Georgia who was the youngest speaker at King's March on Washington for Jobs and Equality, pointed out that illegal immigrants are currently "hiding in fear," that African-American men are incarcerated at higher rates per capita than any other demographic and that unemployment and homelessness are still rampant.

Indeed, in the decades since King's famous speech, race relations remain a painful, ongoing concern. Obama himself has often served as a flashpoint for race-tinged ire from his foes.

A recent Public Policy Polling survey suggested a third of those in Louisiana even blame Obama for Hurricane Katrina, which devastated New Orleans three years before he won the Oval Office.

The conservative Daily Caller news website recently maligned Obama for his new dog.

"The Obamas now have two black Portuguese water dogs," the Daily Caller wrote. "The Obamas do not have any white dogs."

There were no Republican speakers at Wednesday's event. THE CANADIAN PRESS

No rest for the moral

"To secure the gains this country has made requires vigilance, not complacency."
U.S. President Barack Obama

U.S. President Barack Obama and first lady Michelle leave at the end of the Let Freedom Ring ceremony at the Lincoln Memorial on Wednesday in Washington, D.C. ALEX WONG/GETTY IMAGES

Privacy. Canadians split over online government surveillance, poll shows

Canadians who were recently surveyed about online privacy were split on whether they approved of governments reading their email.

The poll, commissioned by the Canadian Internet Registration Authority, asked if "it is acceptable or unacceptable for governments to monitor everyone's email and other online activities."

About 49 per cent of respondents said it was "completely unacceptable," about 47 per cent of those surveyed said it was "acceptable in some circumstances" and about four per cent said it was "completely acceptable."

When asked if surveillance would be OK if it could prevent terrorist attacks, about 13 per cent said it would be completely acceptable, about 64 per cent said it would be OK in some circumstances and 23 per cent said it would still be completely unacceptable.

The results suggest Canadians are surprisingly apathetic, said Byron Holland of the Canadian Internet Registration Authority, which manages the .ca domain name registry.

"I think it's fair to say that most of us here and many of us deeper in the Internet community were surprised by Canadians' willingness to give up privacy in the interests of safety," he said. THE CANADIAN PRESS

Are they watching?

About 39 per cent indicated they believed they were already being monitored by the government, while about 15 per cent didn't believe that to be true. About 46 per cent weren't sure.

- **43 per cent** assumed the government was tracking certain search terms.
- **40 per cent** believed the government was saving Internet activity data to be reviewed in the future.

Think you're safe? Canada is no better than the U.S. for online spying: McAfee

Speaking on recent leaks, U.S. software mogul John McAfee says Canada isn't immune from government spying.

"Your Canadian government has all of the facilities that the American government has, no more, no less," he says.

"If you think that the Canadian government is somehow morally or ethically or in any other way superior, you're wrong."

As an anti-virus software tycoon at the head of McAfee Security, he says his early clients ranged from the CIA to the American navy and air force.

"From my experience ... I know for a fact the government knows almost everything about the average citizen."

Ten months ago, McAfee, 67, was a fugitive from the Belize government, wanted for questioning in the mysterious death of his neighbour. THE CANADIAN PRESS

U.S. software mogul John McAfee is in Canada to work on a biographical documentary by a Montreal-based company. GRAHAM HUGHES/THE CANADIAN PRESS

Netherlands knocking

Russia takes heat for menacing ship

Dutch officials are demanding that Russia explain why it threatened to fire on a Greenpeace icebreaker crew protesting energy exploration in the Arctic waters of the Kara sea.

Russia had denied the Dutch-flagged icebreaker Arctic Sunrise a permit to enter the area over concerns about the ship's ice capability, although Russia has granted permits to dozens of vessels with lesser strength. THE CANADIAN PRESS

Unhappy deal

Fast-food march may break record

Organizers say thousands of fast-food workers are set to stage walkouts in dozens of cities around the U.S. on Thursday, part of a push to get chains to pay workers higher wages. It's expected to be the largest nationwide strike by fast-food workers, according to organizers. THE ASSOCIATED PRESS

Safety in question

Two more vendors shut down at CNE

Two more food booths have been shut down at the Canadian National Exhibition, where food poisoning earlier this month forced the closure of a burger stand.

Toronto Public Health said the additional booths — Bourbon Street Grill and Bao 360 Shanghai Express — were closed late Tuesday due to problems with sanitation, food-handling practices and the temperature at which meats were being stored. THE CANADIAN PRESS

Man attacked

Would shock fence have halted bear?

Park officials say they'll never know whether an electric fence failed before a polar bear dragged a man from his tent in northern Labrador. The bear in Torngat Mountains National Park destroyed the fence, so officials said they can't determine if it was working properly. THE ASSOCIATED PRESS

U.S. 'concludes' Syria used chemical weapons: Obama

Attack on civilians. White House continues plans for a possible military response; fears of strike ripple across Middle East

President Barack Obama says the U.S. has concluded the Syrian government carried out a large-scale chemical weapons attack against civilians last week.

Obama says the U.S. has examined evidence and doesn't believe the opposition fighting the Syrian government possessed chemical weapons or the means to deliver them.

Obama says he hasn't made a decision about how the U.S. will respond.

The White House says it's planning a possible military response while seeking support from international partners. But the U.S. has not yet presented concrete proof of Syrian government involvement in the attack.

Some lawmakers are calling for Obama to seek congressional approval for a military action.

Fears of a possible U.S. strike against Syria's regime rippled across the region Wednesday, as about 6,000 Syrians fled to neighbouring Lebanon in a 24-hour period and Israelis scrambled for gas masks in case Damascus retaliates against them.

The Israeli government ordered a "limited" call-up of reserve units to bolster civil defence preparations and to operate air-defence units near the border. Officials said the call-up is anticipated to bring in hundreds of troops.

UN chief Ban Ki-moon pleaded for more time for diplomacy and to allow UN investigators to complete their work.

U.S. leaders, including Vice-President Joe Biden, have charged that Assad's government was behind the Aug. 21 attack that Doctors Without Borders says killed at least 355 people. THE ASSOCIATED PRESS

A wounded Syrian woman and her child are treated at the Israeli Ziv hospital on Wednesday in the northern town of Safed, Israel. About 140 Syrians who have been wounded in fighting in neighbouring Syria have been treated in Israeli hospitals since the beginning of the civil war. URIEL SINAI/GETTY IMAGES

Regime involvement

U.S. to dish out proof

The U.S. has not presented concrete proof of Syrian regime involvement in the attack, and UN inspectors have not endorsed the allegations, although the UN envoy to Syria, Lakhdar Brahimi, said evidence suggests some kind of "substance" was used that killed hundreds.

Two senior Obama administration officials said U.S. intelligence agencies are drawing up a report laying out the evidence against Assad's government. A declassified version of the report would be made public.

One of the officials said the administration is considering more than a single set of military strikes. THE ASSOCIATED PRESS

Canada downplays military role in Syrian conflict

Foreign Affairs Minister John Baird speaks to reporters in Montreal on Wednesday following his meeting with the president of the Syrian National Council, George Sabra. GRAHAM HUGHES/THE CANADIAN PRESS

The Canadian government has hinted that its military role in Syria could be limited and that any contribution to an international effort there will be mainly political and humanitarian.

Foreign Affairs Minister John Baird says Canada does not have the weapons to contribute to the types of attacks being discussed.

"Some have speculated in the media and elsewhere that it could involve cruise missiles and armed drones — neither of which Canada has," Baird told reporters after meeting with a Syrian opposition figure Wednesday.

"We'll let decisions be made before we know that we have even the capacity to contribute militarily."

But he traced the outlines of other non-combat ways Canada intends to be involved.

Baird used a brief address to the media to outline Canada's $90 million aid program for the country, saying more than half of that sum would go to food assistance for 4 million people and shelter and sanitation for 87,000 displaced people.

The Canadian government also appears poised to offer its political blessing to a military intervention.

Baird said Canada and its allies are "of one mind" — that chemical weapons have been used and a firm international response is needed.

"We will continue to work with them in lock-step, and review a full-range of options going forward," he said.

He said Canadians are horrified by the scenes of atrocities committed against civilians. And he laid the blame squarely on the Syrian authorities. THE CANADIAN PRESS

Liberal response

- Earlier Wednesday, Justin Trudeau said Parliament should be recalled to discuss what role Canada should play as the international community prepares to respond to atrocities in Syria.
- He said Canadians — and MPs — are united in wanting to provide humanitarian aid and help settle refugees.

Fort Hood shootings

U.S. soldier gets death penalty in 2009 rampage

A military jury on Wednesday sentenced Maj. Nidal Hasan to death for the 2009 shooting rampage at Fort Hood, delivering the only punishment the Army believed fit for an attack on fellow unarmed soldiers. The sentence was one that Hasan also appeared to seek in a self-proclaimed effort to become a martyr.

Hasan could become the first U.S. soldier executed in more than half a century. But because the military justice system requires a lengthy appeals process, years or even decades could pass before he is put to death. THE ASSOCIATED PRESS

U.S.-led attacks on Syria

Jordan says it won't be a launching pad

Jordan will not be used as a launching pad for attacks on Syria and the kingdom favours a diplomatic solution to the crisis, a Jordanian government spokesman said Wednesday.

A U.S.-led strike on Syria in response to the alleged use of chemical weapons by President Bashar Assad's regime likely would involve cruise missile attacks from the sea, which would not need to cross or make use of Jordanian territory.

But the remarks underline the U.S. ally's efforts to avoid further friction with its larger neighbour for fear of retaliation. THE ASSOCIATED PRESS

Spiralling mayhem

Iraq blasts kill at least 70 in latest round of attacks

Car bomb blasts and other explosions tore through Shiite districts around Baghdad during morning rush hour Wednesday in a day of violence that killed at least 70, intensifying worries about Iraq's ability to tame the spiralling mayhem gripping the country.

It was the latest set of large-scale sectarian attacks to hit Iraq, even as the government went on "high alert" in case a possible Western strike in neighbouring Syria increases Iraq's turmoil.

A relentless wave of killing has left thousands dead since April. THE ASSOCIATED PRESS

Doctor 'disturbed' to see a second birth control recall

Freya-28. Women who have been taking the oral contraceptive are advised to use an additional method to prevent pregnancy

Women who have been taking an oral contraceptive that's been recalled due to a packaging error could be at risk of an unwanted pregnancy if the entire batch was affected, says the head of the Society of Obstetricians and Gynaecologists of Canada.

Dr. Jennifer Blake said women who have been taking the birth-control pill Freya-28 in the last few months should speak to their doctors and temporarily use an additional method of contraception, such as a condom.

On Tuesday, Health Canada issued a notice of recall for Freya-28 after a pharmacy reported that a package had been found that contained a placebo pill in place of an active one.

Packages of the pills sold by Mylan Pharmaceuticals should have 21 white pills containing active ingredients, laid out in three rows, and a single row of seven green placebo pills.

Two lots of the product that were sold across Canada — 3739F001B and 3739F002B — have been recalled. The company's other birth-control product, Freya-21, is not affected.

The lots contained a total of more than 79,500 individual blister packs of the 28-day contraceptive, company spokeswoman Nina Devlin confirmed Wednesday. Almost 76,300 of those had been distributed country-wide between May 10 and Aug. 22, when the packaging mix-up was reported to the company.

THE CANADIAN PRESS

'Twice too often'

"I was so disturbed to see that this had happened again."

Dr. Jennifer Blake, the head of the Society of Obstetricians and Gynaecologists of Canada, of the Freya-28 recall, which is the second for an oral contraceptive this year.

Killed a sheep last week

UEFA tells soccer club to stop ritual animal slaughters

UEFA says it has warned Champions League participant Shakhter Karagandy that it could face disciplinary action if it continues the ritual slaughter of animals before matches.

The club from Kazakhstan killed a sheep last week at the Astana Arena the day before beating Celtic 2-0 in the playoffs.

In Glasgow ahead of Wednesday's match, Shakhter's coach suggested the ritual could be repeated.

THE ASSOCIATED PRESS

Can you spare a square?

No proof man used Mugabe poster as toilet paper: Court

Zimbabwean court officials say a case against a man who allegedly intended to use an election poster of President Robert Mugabe as toilet paper has been indefinitely deferred. A man was taken to a nearby police station but no evidence was found that he defiled the poster, prosecutors said.

THE ASSOCIATED PRESS

Russia. Artist who painted Putin in lingerie flees, seeks asylum in France

A museum director says an artist whose paintings depicted Russian President Vladimir Putin and Prime Minister Dmitry Medvedev in women's undergarments has fled the country.

The director of St. Petersburg's Museum of Power, Tatiana Titova, said Wednesday that Konstantin Altunin left for France and was planning to request asylum there. Authorities removed four of Altunin's satirical depictions of Russian politicians on Monday and shut down the exhibition.

A police statement did not specify which laws may have been violated by the provocative works. A Russian law prohibits insulting state authorities. Another law bans so-called homosexual propaganda aimed at minors.

Last year, an exhibit that depicted members of the Pussy Riot punk band as holy icons drew the ire of religious and pro-government activists, who came to protest the exhibition's opening. THE ASSOCIATED PRESS

In this recent photo a visitor takes a photo of the artwork entitled Travesty by Konstantin Altunin at an exhibition in Russia. Four controversial paintings satirizing Russian politicians were removed from the exhibition on Tuesday, and the artist of the works fled Russia. YELENA PALM/INTERPRESS/THE ASSOCIATED PRESS

All aboard the soul train

Ryerson University students in Toronto unofficially break the Guiness World Record for the largest soul train dance as part of their orientation week activities on Wednesday. GALIT RODAN/THE CANADIAN PRESS

Trudeau mum on 2015 election platform, for now

Justin Trudeau has identified what's ailing the middle class, but he won't be rushed into offering any prescriptions.

The Liberal leader says that will have to wait until the party unveils its platform for the 2015 election.

"This is not something to take lightly," he said during a break in a Liberal caucus retreat, aimed at plotting strategy for the resumption of Parliament this fall and beyond.

"It's not something to reel off because people want answers. People want answers — but people want to be part of generating those answers.

"And that's where the Liberal party is absolutely serious about the kinds of meaningful consultation and working with Canadians to build a platform that reflects both the priorities, concerns and solutions that Canadians are generating across the country."

Trudeau made improving the lot of the middle class the central pillar of his leadership campaign and has continued that since becoming leader in April.

THE CANADIAN PRESS

Liberal Leader Justin Trudeau speaks at the opening of the Liberal caucus retreat in P.E.I., Wednesday. NATHAN ROCHFORD/THE CANADIAN PRESS

Grasping at former glory

Trudeau warned there's still "an awful lot of hard work" ahead to bring the party back into contention by the next election, after it was reduced to a third-party rump in 2011.

- Some of the heaviest lifting the Liberals must do involves fundraising. Long the party most reliant on large donations from corporations and wealthy individuals, the Liberals still have not fully adapted to political financing reforms introduced in 2004, which severely restricted individual donations and banned corporate contributions altogether.

Made-in-U.S. Motorola phone isn't pricier to produce, research firm says

Home advantage. New Moto X is assembled in Texas, but it's cheaper to make than Galaxy S4

Motorola Moto X smartphones are shown at a press preview in New York this month. By assembling the phone in Fort Worth, Texas, Motorola is able to let customers order custom designs online for delivery within four days. MARK LENNIHAN/THE ASSOCIATED PRESS

Motorola's new Moto X phone doesn't cost more to make simply because it's assembled in Texas, research firm IHS said Wednesday.

The Moto X is the first smartphone to carry the Made in the U.S.A. designation. While labour costs are higher in the U.S. compared with Asian factories, where phones are typically made, IHS said the Moto X is about five per cent cheaper to make than Samsung Electronic Co.'s flagship Galaxy S4 phone.

The firm said the Moto X's overall production cost is just nine per cent more than that of Apple's iPhone 5.

The findings come as little surprise, as the labour cost of a phone is just a small part of its production cost. IHS estimates that labour and other assembly costs Motorola $12 US per phone for the Moto X, bringing the production cost to $226 US. That compares with $207 for the iPhone 5 and $237 for the Galaxy S4. IHS said Motorola is able to keep the cost of parts low by using standard components that don't break much new ground.

By assembling the phone in Fort Worth, Texas, Motorola is able to let U.S. customers order custom designs online for delivery within four days. Standard black or white models are available immediately at retail stores.

"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs," said Andrew Rassweiler, senior director for cost benchmarking services at IHS.

IHS said the estimated $12 for assembly is about $3.50 to $4 more than other leading phones.

Smartphone, smart move?

"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs."

Andrew Rassweiler, senior director for cost benchmarking services at IHS

"Our initial estimate suggests the additional costs of onshoring the Moto X are relatively low," IHS said.

The phone went on sale in the U.S. last Friday, starting with AT&T. It's coming to other carriers, including Verizon this week. The Moto X's price is about $200 US with a two-year service agreement.

The Moto X is Motorola's first phone designed from the start under its new owner, Google Inc. The Internet search company bought Motorola Mobility for $12.4 billion US last year.

THE ASSOCIATED PRESS

Real estate. Canadian condo market is unlikely to crash, think-tank says

A growing population and continuing, albeit modest, job growth will prevent condo markets in Canada's major cities from crashing, a new report from the Conference Board of Canada predicts.

Sales are expected to fall everywhere but Edmonton this year, with eight per cent drops anticipated in Toronto and Vancouver.

And mortgage rates, which have been inching higher for the past few months, will likely further cool the market in 2014, according to the report released on Wednesday by mortgage insurer Genworth.

But an all-out crash is unlikely, even in Toronto, Montreal and Vancouver where markets are being watched with concern.

The report said a swelling population and a growing number of "condominium-loving empty-nesters" aged 55 and older will support the market, as will modest job growth over the medium term.

The report also noted the banks, which require builders to have pre-sold a certain number of units before they fork over the cash for construction of a new building, will help to prevent an oversupply of condos from flooding the market.

"As condo starts near past averages and inventories edge closer to demand, we are seeing the condo market stabilize both in terms of the price of existing units and the volume of new construction," Robin Wiebe, a senior economist at the Conference Board of Canada, said in a statement.

"Softer prices and positive economic factors continue to make condos an affordable way for Canadians to achieve home ownership." THE CANADIAN PRESS

Condo starts

24%

The report predicted that new condominium starts will fall by at least 24 per cent in all major Canadian cities except Edmonton this year.

Syria crisis sends Asian stock markets reeling

A woman walks past the day's Nikkei 225 stock index seen on a board in Tokyo on Wednesday. The growing likelihood of Western military action against Syria pummelled Asian stock markets on Wednesday and sent the price of oil soaring. SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Athens

Designer found dead after saying aides 'ruined' him

Greek police say Michalis Aslanis, one of the country's most prominent fashion designers, has been found dead in his Athens apartment.

His death Wednesday comes a week after Aslanis, who was 63, told a Greek newspaper that he had been "ruined" by close aides who allegedly stole large sums of money from him.

A police official said there was no initial indication of foul play in the designer's death.

THE ASSOCIATED PRESS

Veteran Greek fashion designer Michalis Aslanis poses with a model. THE ASSOCIATED PRESS FILE

Raising money

OSC considers exemption for crowd-funding

The Ontario Securities Commission said it is taking the next step toward helping make it easier for businesses to raise money using a crowd-funding model. The regulator is considering a crowd-funding prospectus exemption as part of its work to help make it easier for startups as well as small- and medium-sized businesses to raise money.

THE CANADIAN PRESS

Market Minute

DOLLAR 95.37¢ (-0.10¢)

TSX 12,607.22 (+16.01)

OIL $110.10 US (+$1.09)

GOLD $1,418.80 US (-$1.40)

Natural gas: $3.58 (+5¢)
Dow Jones: 14,824.51 (+48.38)

JERKS AND FOOLS, I'M TALKING TO YOU

HE SAYS

John Mazerolle
metronews.ca

Good news, everyone! The new 2013 rules for The Game of Life have been released. Not the board game, the real thing.

Effective immediately, cyclists who ding impatiently at pedestrians while riding on the sidewalk must take an eight-week night course explaining the etymology of the word "sidewalk." This is compulsory with the costs covered in full by you. You're welcome.

On public transit, passengers forced to watch couples engage in long, noisy, open-mouthed kisses now have permission to make special requests, such as "More tongue!" We hope this all-in approach will help smooth over any uncomfortable feelings.

On Internet forums, it is now unacceptable to write "Who cares?" under a story that you took the time to click on and read. This will help free up the Internet for substantive conversation, should that ever become an issue.

Also, you may no longer use an online article about, say, butterfly migration to make a point about whichever political party you dislike. Come to think of it, let's just leave all Internet forums blank for now.

You may not complain about your young children on Facebook. Because no matter how bad a parent you are, they will still probably learn to read.

Using a homeopathic remedy for your cold is using something that has never worked on something that has never been cured, retroactive to the Dawn of Man. Please make a note of it.

During bar arguments, use of the phrases "We can't be sure anything's real," "That's just your opinion," and "Paradigm shift" will result in the instant loss of the argument. Bars may order a special "ringside" bell from the Game of Life catalogue to strike at the end of the argument. Order now and we'll throw in a barstool that automatically ejects the user into the street if they use the phrase "You remind me of me at that age."

Cigarette butts are garbage. Live with it.

Cigarette butts and all other garbage must now be held onto even if there is no garbage can within sight. Thanks to special new laws of "cause and effect," smoked cigarettes, empty potato-chip bags and chocolate-bar wrappers are actually smaller and lighter than they were before you consumed their contents, for easy carrying.

Starting without delay, people who sit with laptops in crowded coffee shops will be chalked off by laptop police to ensure they move after 60 minutes. Violators will be towed.

Singing along so loudly at a concert that everyone within three rows is getting an off-key concert from you instead of the artist they paid $110 to see remains totally awesome, so, please, continue.

As per standard operating procedure, these new rules are for jerks and fools only. Nice, smart people can continue as before.

We hope these easy-to-follow guidelines will help you avoid becoming a sack of useless human flesh. There's so much wasted meat in the world as is.

ZOOM

20,000 people need a shower

ALBERTO SAIZ/THE ASSOCIATED PRESS

Tomato fight sullies streets in Spain

Crowds of people throw tomatoes at each other during the annual Tomatina tomato fight fiesta in the village of Bunol, 50 kilometres outside Valencia, Spain, on Wednesday.

Thousands of people are splattering each other with tons of tomatoes in the annual battle in recession-hit Spain, with the debt-burdened town charging participants entry fees this year for the first time.

Bunol officials said some 20,000 people took part in the hour-long street bash, inspired by a food fight among kids back in 1945.

Participants were this year charged 10 euros ($13) to foot the cost of the festival. Residents do not pay.

THE ASSOCIATED PRESS

A woman kneels on the street covered with tomato juice during the annual Tomatina tomato fight.

ALBERTO SAIZ/THE ASSOCIATED PRESS

Debt-ridden city

5 million

Bunol, with 10,000 inhabitants, has a debt of some 5 million euros.
The town said six trucks brought 130 tonnes of ripe tomatoes to the scene.
Portable showers were set up for revellers to clean up after the battle.
The mayor of the town told a press conference that the decision to charge people was "one that no one wanted to make."

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

In the past few years, Soundcloud has grown from a promising music-sharing site to an absurdly rich source of new music made easy to find with slick social-network tools. If you haven't tried it, sign up for an account and get started by giving these two a follow.

Cascine:

A London/New York-based record label with an eclectic mix of artists, including some real gems that can best be described as daytime disco. Head over to their page and hit play on the first track. You won't press stop any time soon. (soundcloud.com/cascine)

Johnny Jewel:

The production brains behind Portland's mighty Italians Do It Better label, Johnny Jewel also happens to be a benevolent Soundcloud account holder, regularly posting new tracks, remixes and even full albums of his dark dance music. (soundcloud.com/johnnyjewel)

Twitter

@metropicks asked: What's your biggest cell etiquette pet peeve? Eating with a cellphone on the table? The expectations of a company cell?

@5gatos: being on the phone whilst paying for groceries etc. It's just plain rude to the person serving you.

@JameyMPhoto: Seeing someone talking on the phone while being served in the service industry grinds my gears. It's unbelievably rude.

@josephinecleo: was a makeup artist for years, most annoying is to put lipstick on a gal while she's making pre-drink plans on her cellphone!

@ufosinvancouver: Cellphone usage during stargazing. It creates small scale light pollution and makes it incredibly difficult to focus.

@MOWLondon: reading these replies are all true and so many more .....#depressing. Technology has desensitized so many

@thepolishviking: having an in-person conversation repeatedly interrupted by "oops, I need to take this call/check Facebook/tweet/etc". Ouch.

@SusanDB11: people talking loudly on cellphones on bus/train. Nobody wants to hear your conversation!

Follow @metropicks and take part in our daily poll.

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Send us your comments: londonletters@metronews.ca

metro

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Take 'em to church — on canvas

Art. Angie Quick's new exhibit paints art as divine

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

For Angie Quick, art is her religion. CONTRIBUTED ANGIE QUICK

Artist Angie Quick says art is her religion.

"When you are religious, it's in everything you do. It's an intangible thing you are interacting with, and it's something I feel when making art," says Quick. "My art is my life and that's what I dedicate myself to."

Her third solo art show, Gold Satisfaction, runs at The Arts Project (203 Dundas St.) until Sept. 7.

Quick's paintings explore the female form and awareness that the body is majestic. Flesh is contrasted with ornate fabric and Canadian landscapes serve as backdrops to the figures. The colour gold weaves its way into all her paintings, sometimes in the form of halos as seen in traditional religious icon paintings. Other works are reminiscent of stained glass.

"The gold symbolizes a form of ecstasy. It's about faith and lust coming together," Quick says. "There are images of people having a quiet moment. The gold encompasses the figure."

Her work also depicts the naked female body, nature, sex and union as truly divine experiences.

"They might seem sacrilegious, but they aren't. The judgment comes from the viewer. I find we lose touch with our religious sense and religiosity doesn't mean having to be part of a church," says the artist, who was raised atheist but identifies as Christian.

Quick's mother was raised Orthodox, which is where the artist's interest in religious icons comes from. Her family of seven — three sisters and one brother — moved to London from Calgary when she was 18 years old.

"I come from a big family, which has instilled me with a huge sense of community and belonging. They are so supportive," says Quick, who started painting at age 15.

She started glass blowing at 13 years old, when she signed up for a class.

"I love the intensity of glass blowing," Quick says. "With painting, you have an inspiration and it takes a long time to develop. With glass you are right there in the moment. It's very hot, and it's moving and you have to move with it."

Her work includes more than 50 pieces of glass, as well as sculptures, drawings and large-scale paintings.

"The ideas are big and I want people to feel that overwhelming sensation of being alive," she says. "Every surface of the gallery has lots to look at. I want people's eyes to be drunk on all this imagery."

Around town

- **Hear it.** The Hear Here music series at Forest City Gallery (258 Richmond St.) is featuring Earth House and You'll Never Get To Heaven on Friday. Doors open at 8 p.m. Cover is $5.
- **Hip and hop.** Tabu Nightclub (539 Richmond St.) hosts a hip-hop show featuring The Nicest, The Audio Device, Motive Force and Shawn Palmer, Thursday at 9 p.m. for $5.

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metro

Spurlock takes on One Direction

One Direction: This Is Us. Talented documentarian wants to take the viewer inside the everyday lives and routine of the ultra-famous boyband

NED EHRBAR
Metro World News in Hollywood

Documentary filmmaker Morgan Spurlock has taken on plenty of behemoths, from fast food to the hunt for Osama Bin Laden to the pervasiveness of product placement. Now he turns his cameras on the reigning kings of pop music, One Direction. But with a band that was formed on reality TV, how much more is there to reveal?

How do you approach telling the origin story of one of the most well-documented groups in history?

The thing for me coming into it was to do it as quickly and as cohesively as possible. It's a very quick part of the film. That whole story probably isn't more than five to seven minutes of the actual movie. I just wanted to take you on the ride with this group so you can get a sense of coming into their lives, understand what it's really like to be a part of One Direction.

As you show in the film, these guys really have trouble going anywhere.

The minute they walk out of their hotel, they get off a plane, there's always people there waiting. They have been blown up through social media — I mean, the fans have really taken ownership of this band — to the point that every time they go anywhere it's literally shared out and broadcast on Twitter. So it's difficult for them to go anywhere now.

Speaking of Twitter, having pop idols isn't necessarily new. But this meteoric rise you discuss in the film, it seems without Twitter it couldn't have happened as fast.

I don't think it would've happened as fast. I think Twitter played a huge part in exploding the band throughout the U.K. first, taking them to Europe. People all over the world heard about them and knew about them before they even had their first record out. So this whole idea of sharing that information was incredible, and part of that is the reason that I think the fans are so dedicated to them. It's like having stock in a company.

One Direction. HANDOUT

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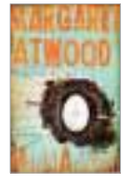
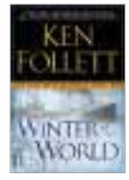


★1. MADDADDAM Margaret Atwood
Combining adventure, humour, romance, superb storytelling, and an imagination that is at once dazzlingly inventive and grounded in a recognizable world, *MaddAddam* is vintage Margaret Atwood, and a moving and dramatic conclusion to her internationally celebrated dystopian trilogy.
Last Week: - / Weeks on List: 1



★2. WINTER OF THE WORLD Ken Follett
Ken Follett follows up his #1 New York Times bestseller *Fall of Giants* with a brilliant, page-turning epic about the heroism and honor of World War II, and the dawn of the atomic age.
Last Week: - / Weeks on List: 1

This Week		Last Week	Weeks on List
3.	OMENS Kelley Armstrong	1	2
4.	THE BONE SEASON Samantha Shannon	2	2
5.	THE GIRL YOU LEFT BEHIND Jojo Moyes	5	2
★ 6.	HOW THE LIGHT GETS IN Louise Penny	-	1
★ 7.	BONES OF THE LOST Kathy Reichs	-	1
8.	THE LAST KISS GOODBYE Karen Robards	8	3
9.	THE KILL LIST Frederick Forsyth	9	2
10.	I DECLARE Joel Osteen	10	4
11.	THE INCONVENIENT INDIAN Thomas King	11	3
12.	WAGING HEAVY PEACE Neil Young	6	5
13.	WALLBANGER Alice Clayton	13	3
14.	THE CASUAL VACANCY J.K. Rowling	14	6
15.	INFERNO Dan Brown	15	15
16.	THE WHITE PRINCESS Philippa Gregory	4	6
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	20
18.	CRAZY RICH ASIANS Kevin Kwan	18	5
★19.	THE SILENT WIFE A.S.A. Harrison	-	1
20.	A TAP ON THE WINDOW Linwood Barclay	3	4

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 2nd
★New this week

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

One Direction. ALL PHOTOS GETTY IMAGES

One Direction in jokey mood with Swift at VMAs

The boys in One Direction certainly have a sense of humour. When asked by E! News about being at the MTV Video Music Awards with Taylor Swift — who won an award for I Knew You Were Trouble, a song supposedly about exboyfriend and One Direction member Harry Styles — they got a bit cheeky, with Niall Horan offering, "I don't know, she just started writing songs about me." Styles himself chimed in, reporting that he'd spoken with Swift that evening. "I said, you know, she needs to leave him alone," Styles joked. "I said, 'Niall is a nice guy.'"

Billy Ray responsible for Piers' achy breaky heart

Piers Morgan

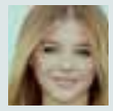
Piers Morgan is having a blast teasing Billy Ray Cyrus about cancelling an appearance on his talk show. "Billy Ray was supposed to be on the show tonight to explain his daughter's behaviour," Morgan offered earlier this week, his hopes dashed that the Achy Breaky Heart singer might weigh in on Miley Cyrus' controversial MTV Video Music Awards performance. "I'm not sure he's quite worked out what his explanation is yet, so we've decided to postpone it."

The Word

Martin's journey out of the closet was a tough one

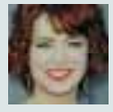
While Ricky Martin has been feeling much more at peace since coming out of the closet three years ago, he didn't always feel so great about himself — something he'd take out on others. The Puerto Rican singer admits to GQ Australia that he used to bully other gay people while he was in denial about his own sexuality. "I look back now and realize I would bully people who I knew were gay. I had internalized homophobia," he says. "I was very angry, very rebellious. I was ashamed. When you're told you're wrong by everyone — from society, from your faith — my self-esteem was crushed. I took my anger out on those around me."

Twitter



@ChloeMoretz
That moment when you're about to say hey to someone cause you think you know them but they just have the same face as someone else cause they go to the same plastic surgeon

@ElizabethHurley
Getting that Going Back To School feeling.....labelling clothes and trying to find gum shields.



@diablocody
I am only cool in 30-second increments before I am consumed by a Pigpen-like cloud of loser-stink.

Alec Baldwin

Paparazzi ensure Baldwin boils over once more

While Alec Baldwin having a nasty run-in with the paparazzi isn't necessarily news anymore, the latest incident got more than a little physical. Baldwin reportedly got into a shoving match with a photographer trying to snap a shot of the 30 Rock star and his wife, Hilaria Baldwin, according to E! News. Photos from the scene show Baldwin forcing the man down against the hood of a car, though neither party elected to file a police report. Hilaria gave birth to the couple's first child just days before the incident.

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Mad for la mode

As the show comes to a close, let's chat about the clothes

Christina Hendricks says it's going to be difficult when the seventh and final season of Mad Men starts filming this November.

"I just want to milk it as long as possible," said Hendricks, who plays Joan Harris on the critically acclaimed AMC drama.

"I want to really enjoy this last season every second that I can because it's been a really special time for me and a really special show."

Hendricks spoke to The Associated Press on Thursday in Chicago, where she was hosting the opening of the city's Magnificent Mile Shopping Festival.

So what was her favourite outfit during the show's run? A knee-length, belted purple dress with a silk fuchsia scarf, which was recreated for the Barbie collector doll.

"It has a little kick-pleat in the back," she said. "It's all about the detail. That's why I love all those vintage things. It's the details."

THE ASSOCIATED PRESS

Christina Hendricks
GETTY IMAGES

Trends Report

- A new hair trend that has the web already buzzing may be the next big thing for 2014. Go online to Trends Report to find out what it is. Hint: You'll be seeing halos.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

Kiss your lip gloss goodbye

NARS SATIN LIP PENCIL IN LUXEMBOURG $25, NARSCOSMETICS.COM

TOPSHOP LIPSTICK IN MISCHIEF $16, TOPSHOP.COM

When creating a bold lip, keep the rest of your makeup simple.
GETTY IMAGES

CHANEL ROUGE ALLURE VELVET LUMINOUS MATTE LIP COLOUR IN L'EXUBERANTE $34, CHANEL.COM

REVLON COLORSTAY ULTIMATE SUEDE LIPSTICK IN BACKSTAGE, $10

NARS LIPSTICK IN SCARLET EMPRESS $26, NARSCOSMETICS.COM

ESTEE LAUDER PURE COLOR VIVID SHINE LIPSTICK IN POPPY LOVE $25, ESTEELAUDER.COM

Inspired by the striking lips at some of the world's biggest fashion shows, including Burberry, Prada, Missoni and Oscar de la Renta, we decided to round up our favourite bold shades to wear now. Pair them with dewy eyes and barely there makeup for optimum pop.

TINA CHADHA

TOM FORD BEAUTY LIP COLOUR IN WILD GINGER, $48, NEIMANMARCUS.COM

M.A.C'S CULT CLASSIC RIRI HEARTS M.A.C LIPSTICK IN RIRI WOO, $15, MACCOSMETICS.COM

One-minute miracle

Take a dip in the honey pot

Marc Jacobs Honey Eau de Parfum, $80 (50 mL), available at Hudson's Bay.

"Freshen up your fragrance wardrobe during the last days of summer, with a new spritz from Marc Jacobs. Honey is the inspiration and name of this perfume, but the scent is a mix of pear, mandarin, peach,orange blossom and honeysuckle. With a base of honey and vanilla it smells good enough to eat." Deborah Fulsang, TheKit.ca

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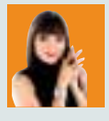

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@TypeACreative1: The only down side to losing 30 lbs is that my fave maxi dress by @EDITbyJeanneB doesn't fit! @Jeanne_Beker

@Jeanne_Beker: @EDITbyJeanneB Awww! Get a good alterationist!

@DejaLaVogue: hi Jeanne! love how ur Real & Enthusiastic re: fashion. i'm a Cdn accessories artist getting a start... encouraging words? TY:D

@Jeanne_Beker: Don't be afraid. And NEVER give up!!

@charmedchickJG: A curious question: do you like to knit?

@Jeanne_Beker: I have completed a couple of sweaters and many a long scarf in my day!

Creating a comfortable family room that works for the entire... well you know

Room advice. How can you design a stylish, sophisticated family room where grown-ups will want to spend time, while still keeping the space kid-friendly?

A family focused dining room. Interior designer Flynn had his client's family photography cropped tightly, then printed over scale in black and white for use as dining room art.
THE ASSOCIATED PRESS/BRIAN PATRICK FLYNN

A family-friendly breakfast nook designed by Brian Patrick Flynn that showcases the designer's mix of classic patterns such as plaid, youthful colors such as navy blue and red, commercial-grade fabrics like automotive vinyl used for kid-friendly residential upholstery, and tables with rounded corners to avoid any mishaps from roughhousing. THE ASSOCIATED PRESS

In many homes, the "family room" is decorated with just one purpose: to withstand the impact of juice-spilling, game-playing, cookie-eating, crayon-wielding children. The result is often a room that's long on durability but short on style.

Three design experts — Brian Patrick Flynn of decordemon.com and Flynnside Out Productions; Betsy Burnham of Burnham Design; and Jon Call of Mr. Call Designs — offer some advice:

Strong frabrics

"Design technology and textiles are catching up with our family-friendly lifestyle," says Burnham. "There are so many outdoor fabrics, so many amazing vinyls" that are durable and easy to clean, but also look good. Burnham is a fan of Holly Hunt fabrics treated with Nano-Tex, which resists spills and stains without changing the fabric's texture.

Indoor/outdoor rugs are another great option now that they're being made with materials soft to the touch. Flynn, who often uses Sunbrella indoor/outdoor fabrics, suggests upholstering with removable slipcovers for easy cleaning.

When choosing slipcovers, "washed linen is great since it's meant to look worn-in and super casual." He's also a fan of very dark denim.

Neat sofas

Call recommends skipping sofas that have three or four seat cushions and several more cushions across the back. "If you've got kids playing and jumping on those," he says, you'll constantly be finding the cushions out of place or on the floor.

Instead, he says, pick a sofa with one large seat cushion and no separate cushions along the back.

Multi-use tables

Family rooms are built for entertaining, so think about flexible seating, Burnham says. "Maybe a side table that's also a stool, or a coffee table that's also a bench or an ottoman." Kids can use an ottoman as a surface for games, while adult party guests can use it as seating.

Opt for tables with rounded corners for safety in rooms where kids often play, Flynn says, and choose tables with "metal or weathered wood tops. Metal tops can withstand heavy wear and tear, while weathered wood is intended to look worn, so as kids take their toll on the pieces, it simply adds to the intended look."

Varied lighting

Rooms that do double-duty need lighting that does too, says Call. "When you have adults over or if you're watching TV or it's a more intimate moment, you want a lamp by the sofa, at eye-level or below, to create intimate pools of light," he says.

But kids doing homework or art projects need the brighter light that overhead fixtures provide. Make sure your family room has both.

Extra storage

Have a place for everything, Burnham says, so toys and other kid-related items can be put away easily at the end of the day. She recommends a wall of built-in cabinets with doors, so kids' clutter can be easily stashed, at hand but out of sight.

She also suggests creating storage space in the family room for a few fragile or valuable items that aren't kid-friendly.

"You can have a cashmere throw in the cabinet that you pull out for the adults," Burnham says.

Playful decor

Don't hide the fact that the room is being shared with kids, Flynn says.

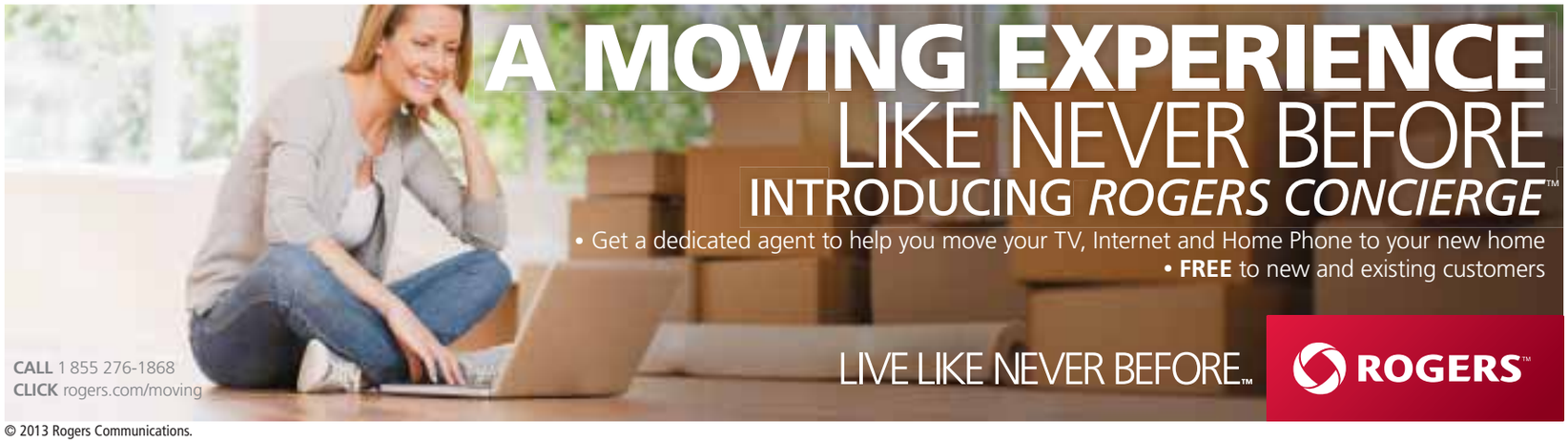
"Embrace it. Work children and playfulness into the design of a family room's esthetic," he suggests. On the walls, he likes to use "pop art or original photography of toys, especially vintage toys, or black-and-white candid photography of the family blown up to an enormous scale" to personalize the room.

"Kids and pets are a huge part of our lives. Since we love them more than the sofas and chairs they sit on, why not make them as much as part of a room's decoration as its furnishings?" Flynn says.

THE ASSOCIATED PRESS

Using bold colours

- In a high-traffic family room, Call suggests sticking with deeper colours rather than whites or pale shades.
- Flynn agrees: "The one colour I use more than any other in family-centric spaces is navy blue," he says, because it can appeal to the whole family. He recommends Seaworthy navy from Sherwin-Williams: "It has just the right amount of purple in it to make it bright instead of dark."
- "Red is another high-energy hue which works great in family rooms," Flynn says, which works well with most other colours, especially black-brown, navy blue and charcoal.



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Back to the school routine

Summer is sadly almost over and the back-to-school routine will be setting in soon for most families. Getting kids up, showered, fed and on their way is no easy task. Here are some handy products to help ease your child into the school year.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Wake-up light

No need to flicker the lights on and off to wake up your teen; there's an alarm/lamp that will do a better job. HF3505 Philips Wake-up Light, $99, homehardware.ca.

Block-out blinds

Get your little ones to sleep early in the evening (or to sleep in on weekend mornings) with room darkening blinds. Roman Blackout Shades, from $39, bouclair.com.

Friendly alarm

Sometimes a trusted friend is the only one that can get the kids out of bed. Let your little one choose their fave. LEGO Ninjago Figure Clock, $25, toysrus.ca.

Carry it all

Tweens and teens will run to the shower if they can take their favourite bath accessories without sharing. Mesh Shower Tote, $18, bedbathandbeyond.ca.

Timed toothbrush

With an auto two-minute timer, you'll be sure they are brushing long enough. Fun music tones tell them when to move the brush to another area of the mouth. Philips Sonicare For Kids toothbrush, $70, target.ca.

Musical shower head

Encourage more time in the shower by playing their favourite music. Moxie shower head and coloured Bluetooth speakers, from $148, kohler.ca.

Breakfast helper

Your teens can have some fun in the mornings by making their own hot breakfast sandwich. Breakfast Sandwich Maker, $30, hamiltonbeach.ca.

Removable memo board

Get them set for the week by having the agenda easily in sight. WallPops! Interlocking Puzzle Dry Erase Board Set, $14, bedbathandbeyond.ca.

No-key door lock

No need to worry about lost keys — simply set up a pass code and finger print system for each family member. ITouchless Bio-Matic Fingerprint Deadbolt Door Lock, $400, homedepot.ca.

Key safe

Keep an extra key safely locked away for babysitters, locked out kids and deliveries to the house. GE Key Safe Slimline Push Button, $40, homedepot.ca.

Butler advice

Ironing tips just in time for school

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

With back-to-school season in full swing, parents are busy buying new clothes for their scholars. With so much to do, most moms and dads don't have the time to iron their children's clothing and most kids don't know how to iron, so how to circumvent this problem?

Here are a few tricks to help speed things along.

1. Buy casual clothing — jeans, T-shirts, sweatshirts etc. Traditionally casual clothing requires less care than formal clothing — like 100 per cent cotton dress shirts and linens.

2. When you wash clothes, and then put them in the dryer, do not over dry them. As soon as the dryer is finished, pull them out and either hang them or fold them. This helps reduce the wrinkles.

3. When you have your morning shower, hang the garments in your bathroom and close the door. The steam will help relax the fibres and release some of the wrinkles.

4. This works really well with shirts and bed sheets. Again take the sheets out of the dryer as soon as they are ready. In the case of sheets, put them on the bed and give a very light spray of cold water. Tug the sheet from all sides and let them dry. This will help release the wrinkles. The same technique works for dress shirts. Hang them on a hanger and lightly spray with cold water and pull the shirt out from all sides.

In the end, there is nothing better than a freshly ironed bed sheet or dress shirt, but in the event that you can't or just won't iron, the above will surely be of some help.

Is there anything better than a freshly ironed shirt? (I doubt it.)
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This is a great dinner when you want to combine your protein with your vegetables. Eggplant and chicken go so well together.

It's a comfort-type meal that's great the next day as well.

Ingredients

- 2 eggs
- 2 tbsp milk
- 2/3 cup seasoned bread crumbs
- 3 tbsp grated Parmesan cheese
- 4 crosswise slices of eggplant, skin on, approximately 1/2 inch thick
- 1 lb skinless, boneless chicken breasts (about 4, pounded thin)
- 2 tsp vegetable oil
- 1 tsp minced garlic
- 1/2 cup tomato pasta sauce
- 2/3 cup grated havarti or mozzarella cheese

Layered Chicken and Eggplant Parmesan

This recipe serves four. COURTESY ROSE REISMAN

1. Preheat oven to 425 F. Spray a baking sheet with vegetable spray. In small bowl, whisk together eggs and milk. On plate stir together bread crumbs and Parmesan. Dip eggplant slices in egg wash, then coat with bread-crumb mixture. Place on prepared pan and bake for 20 minutes, or until tender, turning once.

2. Meanwhile dip chicken in remaining egg wash, then coat with remaining bread-crumb mixture. Heat oil and garlic in nonstick skillet sprayed with vegetable spray and cook chicken for 4 minutes, or until golden brown, turning once.

3. Spread 1 tbsp of tomato sauce on each eggplant slice. Place one chicken breast on top of each eggplant slice. Spread another 1 tbsp of tomato sauce on top of each chicken piece. Sprinkle with cheese and bake for 5 minutes or until cheese melts.

For your phone

College Kitchen Cookbook (iPad; free)

MIND THE APP
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life@metronews.ca

Amongst advice for reheating leftovers, using slow-cookers and creating hang-over cures, this post-secondary chef's guide includes frugal and creative recipes for making ramen burritos, Margherita pizzas, and no-bake cookie bars.

Have your beer and roast a chicken, too

Ingredients

- 1 medium roaster chicken
- 12-oz can of cold beer (any variety you like to drink)

1. Set oven rack in lowest position in oven. Remove upper racks. Heat to 175 F.

2. Wash hands well with soap. Remove neck and bag of giblets from inside chicken. Slide fingertips underneath skin at neck opening and gently work skin away from meat. Continue as far as you can reach on both front and back. Turn chicken over, and repeat from cavity opening at base of bird, making sure to loosen skin on drumsticks so that it is attached only at the wings and the ends of legs.

3. Use knife to pierce skin at foot end of each leg and at tail end of the front and back.

4. Pour contents of beer can into a glass, and enjoy. Push empty can into the tail end of the bird far enough that it can stand upright as it rests on can.

5. Use bulldog clip to pinch skin closed so that steam inflates the loose skin like a balloon and holds it away from the damp meat as the chicken roasts.

6. Set baking sheet in oven. Insert probe of oven-safe thermometer into deepest part of the chicken's thigh. Stand chicken upright (on can) on baking sheet and roast until core temperature reaches 145 F if you want the white meat to be juicy and tender; for more succulent dark meat, continue roasting to a core temperature of 150 F. A medium-size roaster will need 3 to 4 hours.

7. After first 30 minutes of roasting, check effective baking temperature by inserting digital thermometer through the skin to a depth of 3/8 of an inch. Temperature should be within 5 F of target core temperature (either 145 F or 150 F). If it is too high, open oven door for several minutes; if it's too cool, increase oven setting slightly. Repeat this check of the near-surface temperature every half hour.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

8. When core temperature hits target, take chicken out and let rest, uncovered, for 20 minutes. Meanwhile, increase oven temperature to hottest baking setting. Don't use broiler.

9. Return bird to hot oven, turn on the light, and watch it carefully as it browns. The goal is crisp, golden brown skin. Skin will start to brown quickly, and browning will accelerate once it starts, so keep your eye on it. Once the chicken browns, remove can, carve the bird and serve immediately while the skin is crispy. THE ASSOCIATED PRESS/ W. WAYT GIBBS, EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD

Dinner. Oven Rotisserie Chicken with Nut Rice

1. Preheat oven to 350 F (180 C) or 320 F (160 C) for convection oven. Place chicken legs into the bag with the sliced spring onions and follow the cooking instructions on the Maggi pack.

2. In a large, dry, frying pan, toast the cashew nuts gently, stirring frequently until golden, then transfer to a plate.

3. Cook rice according to pack instructions; set aside (covered).

4. Heat half the oil in the same pan and stir fry the broccoli until tender. Transfer into a bowl and keep covered.

5. Heat the remaining oil and add the beaten egg to the pan, cooking like an omelette and breaking it up into pieces.

6. Add rice to pan with broccoli and cashew nuts, reheat until piping hot then serve with the chicken. NEWS CANADA/ MAGGI

Ingredients

- 8 chicken legs
- 4 spring onions, sliced
- 1 pack Maggi So Juicy Rôtisserie
- 1/4 cup cashew nuts
- 1 cup converted white rice
- 2 tbsp canola oil
- 1 small head of broccoli, cut into florets
- 2 eggs, beaten

metro

BACK TO SCHOOL

Thursday, August 29, 2013

Evolution of classrooms

MICHELLE WILLIAMS
For Metro

Advances in technology, such as tablets, laptops and smartphones, are taking the power of learning to a whole new across the country. SYDA PRODUCTIONS/COLOURBOX

Digital learning has finally come of age in schools.

"Learning in the 21st century is all about getting kids actively involved and highly engaged, giving the students a voice and encouraging them to take ownership of their learning," said Toronto District School Board principal Cassandra Alviani-Alvarez.

Access to technology in every school, from laptops to tablets to smart boards (interactive white boards), is interactive and paying off in classrooms.

"Kids are spending a lot more time learning," Alviani-Alvarez said. "We have mobile carts that travel from class to class with enough tablets and laptops for everyone in the class. It's fair to say that, in some schools, kids are spending well over half their time on computers."

While not all schools are wireless yet, ministries are pushing for high-tech learning in the near future. It's meant to keep up with the fast pace of the digital world and optimize electronics in child-based learning.

"We want kids to have good problem-solving and critical-thinking skills," Alviani-Alvarez said. "And we live in an era where learning happens quickly as a result of the Internet. We're also in an app world. Kids use apps for everything from figuring out money to doing multiplication tables."

So how does it all work?

"Teachers post work on a smart board, kids do the work on their computers or tablets and submit the work online to their teacher using the class website," Alviani-Alvarez said.

"Kids love learning this way and it takes the power of learning to a whole new level."

So are books going the way of the dinosaur?

"Of course we still use books, paper and writing utensils. We don't want kids sitting in front of the screen all the time. But computers have so many great applications to help spark engagement, deepen learning and open new possibilities for students."

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Children should eat a balanced breakfast consisting of choices from at least three of the four food groups before heading off to school. SYDA PRODUCTIONS/COLOURBOX

Boost your brain with breakfast

MICHELLE WILLIAMS
For Metro

Studies show that children who eat breakfast concentrate more and learn better with energy to participate in activities.

Brandy McDevitt, a registered dietitian and co-owner of TummyThyme, an Ottawa-based consulting service specializing in kids nutrition, answers some questions about breakfast before going to school.

Q My kids only want to eat high-sugar cereals. Should I just let them eat it?

A For healthier cereal choices, look for options made with whole grains with at least five grams of fibre and less than 10 grams of sugar per serving.

Q We are late sleepers and never seem to have time to sit down for breakfast on weekday mornings. What can I do to ensure my children eat healthy?

A Do some healthy baking in bulk on the weekends when you have time. Other quick and easy options to grab and go are fresh fruit and a handful of nuts, individual containers of yogurt, or dry cereal in a baggie.

Q How do I know if my kids are eating a healthy breakfast that optimizes learning?

A A balanced breakfast would consist of at least three of the four food groups.

Making a smooth transition

There is always an adjustment when kids change schools, but there is nothing quite like making the transition to university from high school.

"Many first-year students adjust to university life with minimal difficulty," said Aneesa Shariff, a psychologist with the University of British Columbia counselling services. "However, some of the most common problems I hear about tend to cluster around a theme of feeling lost. Some students find it difficult to navigate a large campus having come from high school and this can be even more challenging for students who are from smaller towns.

"It helps to know that some anxiety is normal in the face of multiple changes, but with a little patience and perseverance, most students adapt well after a short period of time."

She stresses that if things don't improve or seem to be getting worse after a few weeks on campus, remember that universities have many resources and services to help support students through the transition.

One common concern for parents is the academic shift.

"There's a big adjustment around being one face among hundreds in large lectures," Shariff said. "Perhaps the biggest change is the lack of check-ins around homework and assignment completion, which is a significant shift from the structure of high school classes." MICHELLE WILLIAMS

Dick, his boys and his Knights

OHL. Watching from the sidelines, Hunter patriarch still vested in team and family

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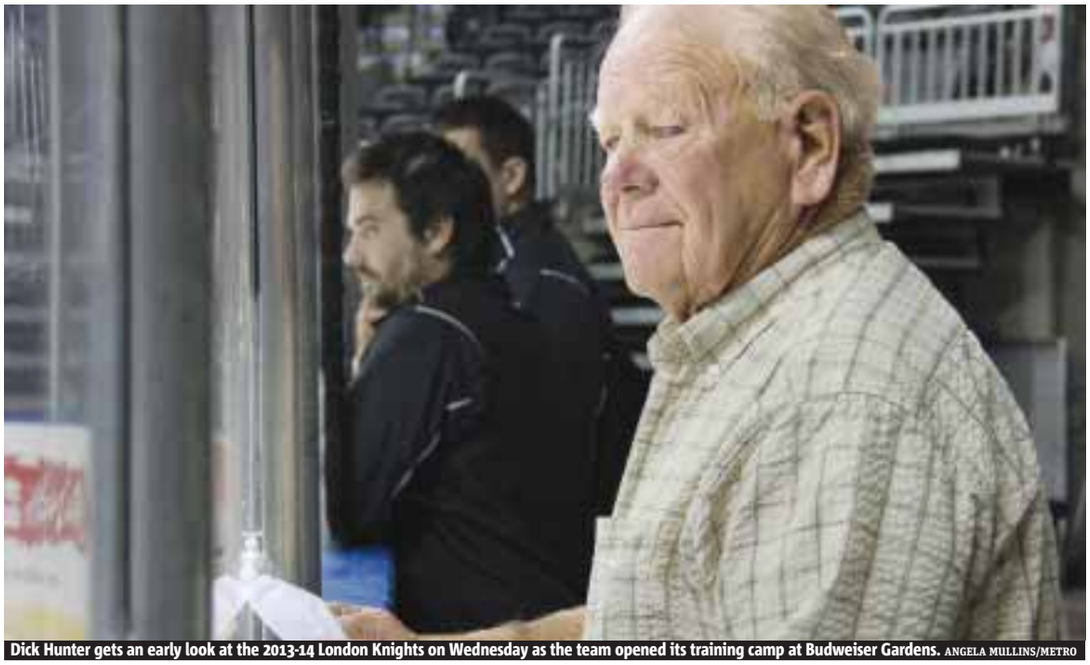

Dick Hunter gets an early look at the 2013-14 London Knights on Wednesday as the team opened its training camp at Budweiser Gardens. ANGELA MULLINS/METRO

Dick Hunter leans against the end glass, watching the second of four London Knights' opening-day scrimmages on Wednesday.

The 77-year-old father of Knights owners Mark and Dale Hunter is not alone for long. A reporter who has known Dick Hunter for more than 35 years stops by to bend his ear.

"It's hard to tell the players apart. They all skate so well now," Hunter said.

Soon, Knights marketing manager Natalie Wakabayashi takes a few minutes to catch up with the Hunter patriarch.

"You know this guy was refereeing the Goderich peewee tournament," Hunter tells Natalie. "I was coaching, Mark was playing and I fired a few shots at him. He not only threw me out of the game, but he threw me right out of the arena."

(For the record, I gave Dick Hunter a bench minor only and he stayed in the game. But the story is better the way he tells it. So let's stick with that one.)

In the world of sports, local and nationally, Dick Hunter is known as one of the great people in hockey. Three of his sons — Dave, Dale and Mark — played in the NHL for a total of 43 years.

The Oil Springs farmer made it to as many of their games as he could in those days. He continues to live in Oil Springs, but Mark and Dale are not too far away.

When not running London Knights, they plant and work the 2,000 acres they own close to their father's home.

"When they were playing, that's when they bought it," Dick Hunter said.

When Dale and Mark bought the London Knights, Dick Hunter had one more reason to watch the team play, something he has been doing since the 1960s.

"I never dreamt that when I used to go to the old London Gardens to watch games that the boys would one day own the London Knights," Hunter said.

The two that got away

"All we do is think about the two (Memorial Cups) we lost. Those two squeaked away on us."
Hunter family patriarch Dick Hunter

Hunter said his boys still tap him on the shoulder for hockey advice.

"Once in a while they say, 'What's going on here,' and 'What do you think? Should we do this, or should we do that?'" he said. "I pretty well leave it up to them. I don't like interfering because they're in it, and I'm pretty well out of it."

Meanwhile, Dick Hunter, for one, always believed that Dale Hunter would return to coach the Knights, despite the great success he had when he left the team to join the Washington Capitals two seasons ago.

The Caps came within a game of the Eastern Conference finals, but Dale still elected to return to London after the playoffs ended.

"George (McPhee, the Caps' GM) was a good friend of his," Dick Hunter said. "He went down there to help George out for that year and then see what happens.

"But all our family is pretty close. I had six kids. We all meet at birthdays and all that kind of thing. Well, (Dale) was away all that time when he was playing (19 years) and couldn't come to those sorts of things. I think that had a lot to do with (his returning)."

As for the current Knights, Hunter thinks this will be a banner year.

"All we do is think about the two (Memorial Cups) we lost," he said. "Those two squeaked away on us. Kids played well, but it was just one of those things. Certain breaks in the game and you're out. You've got to have a pretty strong team to win it."

Knights brass hope bigger means better

Players make their way off the Budweiser Gardens ice Wednesday after a scrimmage on the opening day of the London Knights' training camp.
ANGELA MULLINS/METRO

The London Knights believe size matters.

That was pretty obvious Wednesday during the team's first day of open scrimmages. Standing 68 strong, the troops were generally bigger than in the past the past two seasons, particularly the forwards.

It's a fact not lost on coach Dale Hunter.

"We look bigger. Add guys like (first-round NHL pick Michael) McCarron, then now (Josh) Anderson is 210 pounds and we seem like we are a bigger team," Hunter said. "Even my dad (Dick) says we look bigger. We got high speed and a lot more size."

The Knights had plenty of size on defence and even in goal last season. Hunter said the need for extra size among forwards extends right up to the NHL.

"It's hard to find big guys that can actually play. Every NHL team right now is just dying for that power forward that is 6-2 or 6-3," he said. "They just don't come along every day that can make plays."

Hunter said he saw improvement in many of the players Wednesday.

"You see Remi Elie out here and (Kyle) Platzer and they are playing very well," he said. "They were fourth line last year, so they are going to move up and push the other guys."

Hunter said 17 players will be off to NHL camps next week, wondering if that is some sort of unofficial NHL record.

The NHL hopefuls will be around for the home-and-home series this weekend with the Sarnia Sting on Friday in London at 7:30 p.m. and Saturday in Sarnia at 7 p.m. The prospects will leave at the beginning of next week.

The Knights don't play another exhibition game until Sept. 13.

"We will do a lot more teaching then," Hunter said.

DAVE LANGFORD/METRO

Lightning strike again ... and again

NBL Canada.
Defending champions acquire pair of players with experience outside North America

DAVE LANGFORD
dave.langford@metronews.ca

The London Lightning signings keep rolling in.

On the heels of the news Tuesday that 2011-12 MVP Gabe Freeman was rejoining the National Basketball League of Canada team, the Lightning added two more players to its roster Wednesday.

Al'lonzo Coleman is a six-foot-seven, 250-pound centre who played his college ball at Presbyterian College in North Carolina.

Coleman played 30 minutes a game and averaged 17 points, while shooting 51 per cent from the floor in 2011-12. He played last season in Argentina.

Al'lonzo Coleman heads for the net during his days on the Presbyterian Blue Hose roster.
SARA D. DAVIS/GETTY IMAGES

General manager Taylor Brown said Coleman is the "back-to-the-basket centre" the team has been searching for.

"Zo had very consistent college stats and is extremely fundamentally sound," Brown said in a release.

Later Wednesday, the Lightning added swingman Maurice Bolden to the team.

Bolden is six-foot-10 and played college ball at Southern Mississippi. He last played professional basketball in Cyprus, averaging 10 points per game and 25 minutes.

Brown said he could be the "diamond in the rough" for the Lightning.

Quoted

"At 6-10, he will surely be the biggest swingman in the league and has the ability to cause major matchup difficulty."

Lightning GM Taylor Brown on the team's latest acquisition Maurice Bolden.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	78	55	.586	—
Tampa Bay	74	56	.569	2½
Baltimore	70	60	.538	6½
New York	70	62	.530	7½
Toronto	**59**	**74**	**.444**	**19**

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	77	55	.583	—
Cleveland	71	60	.542	5½
Kansas City	67	64	.511	9½
Minnesota	57	73	.438	19
Chicago	55	76	.420	21½

WEST DIVISION

	W	L	Pct	GB
Texas	78	55	.586	—
Oakland	74	57	.565	3
Los Angeles	59	71	.454	17½
Seattle	59	73	.447	18½
Houston	44	87	.336	33

Wednesday's results
Texas 12 Seattle 4
N.Y. Yankees at **Toronto**
Oakland at Detroit
L.A. Angels at Tampa Bay
Baltimore at Boston
Houston at Chicago White Sox
Kansas City at Minnesota
Tuesday's results
N.Y. Yankees 7 **Toronto 1**
Oakland 6 Detroit 3 (5 inn.)
Texas 4 Seattle 3 (10 inn.)
L.A. Angels 6 Tampa Bay 5
Chicago White Sox 4 Houston 3
Kansas City 6 Minnesota 1
Boston 13 Baltimore 2
Thursday's games
All times Eastern
Oakland (Colon 14-5) at Detroit (Scherzer 19-1), 1:08 p.m.
L.A. Angels (Vargas 7-5) at Tampa Bay (Odorizzi 0-0), 1:10 p.m.
Kansas City (Chen 5-2) at Minnesota (Deduno 8-7), 1:10 p.m.
Baltimore (Tillman 14-4) at Boston (Lester 12-7), 7:10 p.m.
Seattle (Ramirez 4-1) at Houston (Lyles 6-6), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	79	52	.603	—
Washington	66	65	.504	13
Philadelphia	60	72	.455	19½
New York	59	71	.454	19½
Miami	49	81	.377	29½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	78	54	.591	—
Pittsburgh	76	55	.580	1½
Cincinnati	74	59	.556	4½
Milwaukee	58	73	.443	19½
Chicago	56	77	.421	22½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	78	55	.586	—
Arizona	68	63	.519	9
Colorado	62	72	.463	16½
San Diego	59	73	.447	18½
San Francisco	59	73	.447	18½

Wednesday's results
L.A. Dodgers 4 Chicago Cubs 0
Milwaukee at Pittsburgh
Miami at Washington
Cleveland at Atlanta
Philadelphia at N.Y. Mets
Cincinnati at St. Louis
San Francisco at Colorado
San Diego at Arizona
Tuesday's results
Chicago Cubs 3 L.A. Dodgers 2
San Francisco 5 Colorado 3
St. Louis 6 Cincinnati 1
Milwaukee 7 Pittsburgh 6
Atlanta 2 Cleveland 0
Arizona 10 San Diego 9 (10 inn.)
Washington 2 Miami 1
N.Y. Mets 5 Philadelphia 0
Thursday's games
All times Eastern
Philadelphia (Martin 2-2) at N.Y. Mets (Torres 2-2), 1:10 p.m.
Milwaukee (Gallardo 9-9) at Pittsburgh (Cole 6-6), 7:05 p.m.
Miami (Koehler 3-8) at Washington (Gonzalez 7-6), 7:05 p.m.
Cleveland (Jimenez 9-8) at Atlanta (Medlen 10-12), 7:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	8	5	3	0	244	209	10
Hamilton	8	4	4	0	203	219	8
Montreal	8	3	5	0	195	239	6
Winnipeg	8	1	7	0	167	247	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	8	7	1	0	264	177	14
Calgary	8	6	2	0	261	200	12
B.C.	8	5	3	0	207	203	10
Edmonton	8	1	7	0	188	235	2

WEEK 10
Friday's game — All times Eastern
Hamilton at B.C., 10 p.m.
Sunday's game
Winnipeg at Saskatchewan, 4 p.m.
Monday's game
Edmonton at Calgary, 5 p.m.
Tuesday, Sept. 3
Montreal at Toronto, 7:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	12	7	5	41	35	41
New York	11	9	6	38	34	39
Kansas City	11	9	6	36	26	39
Philadelphia	10	8	8	37	37	38
New England	10	9	6	34	24	36
Houston	10	8	6	29	28	36
Chicago	10	10	4	30	34	34
Columbus	8	12	5	29	34	29
Toronto	4	12	9	22	34	21
D.C.	3	17	5	15	41	14

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	13	8	6	48	33	45
Los Angeles	12	9	4	40	32	40
Colorado	10	7	9	33	27	39
Portland	9	4	12	37	26	39
Seattle	11	8	4	31	26	37
Dallas	9	7	10	36	38	37
Vancouver	10	9	6	36	33	36
San Jose	9	10	7	28	37	34
Chivas	5	14	6	24	45	21

Friday's games — All times Eastern
New England at Toronto, 7 p.m.
Portland at Real Salt Lake, 10 p.m.
Saturday's games
Seattle at Columbus, 7:30 p.m.
Montreal at Philadelphia, 7:30 p.m.
D.C. at New York, 8 p.m.
Colorado at Kansas City, 8:30 p.m.
San Jose at Los Angeles, 10:30 p.m.

iTunes FESTIVAL

Vampire Weekend
September 15

Thirty Seconds to Mars
September 18

Robin Thicke
September 24

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Williams, Bouchard rained out in N.Y.C.

US Open. China's Li Na makes quick work of opponent to avoid delay as matches push to late Wednesday, Thursday

Li Na returns a shot at the U.S. Open on Wednesday. KATHY WILLENS/THE ASSOCIATED PRESS

Thanks to the rain and the schedule makers, Serena Williams got an unexpected day off Wednesday at the U.S. Open.

On a grey, drippy day at Flushing Meadows, tournament officials postponed the defending champion's second-round match against Galina Voskoboeva, along with seven others on the women's singles slate.

Among those who did finish before the rain began were No. 3 seed Agnieszka Radwanska and No. 5 seed Li Na, both straight-set winners in matches that kicked off the Day 3 schedule.

"It's tough for them," Li said after her 6-2, 6-2 victory over Sweden's Sofia Arvidsson, referring to all those whose schedules were thrown into turmoil. "For me, just relax all day and do whatever I want."

Among those who returned to the court after a pair of rain delays that ate up about four hours were Venus Williams and No. 6 seed Juan Martin del Potro. Tournament officials kept the night session in Arthur Ashe Stadium on the slate, meaning defending champion Andy Murray and American Sloane Stephens were still supposed to play.

But officials postponed all second-round women's matches that hadn't started before the rain came, except one between Jamie Hampton and Kristina Mladenovic. They wanted to keep the winner of that match on the same schedule as the winner between Stephens and Urszula Radwanska.

Besides Serena Williams, No. 8 Angelique Kerber, who was scheduled to face Canada's Eugenie Bouchard, No. 9 Jelena Jankovic and No. 25 Kaia Kanepi got an extra day of rest.

The U.S. Open has wrapped up a day late for five straight years because of rain delays.

THE ASSOCIATED PRESS

Leaning toward her return

Lindsey Vonn works out with Red Bull coach Martin Hager in Vail, Colo., Wednesday. Vonn's surgically repaired right knee is nearly fully healed and she plans to ski this weekend. The four-time overall World Cup champion is looking at a possible return to competition in late November, three months ahead of the Sochi Olympics. PAT GRAHAM/THE ASSOCIATED PRESS

NFL

League takes flak for Flacco banners

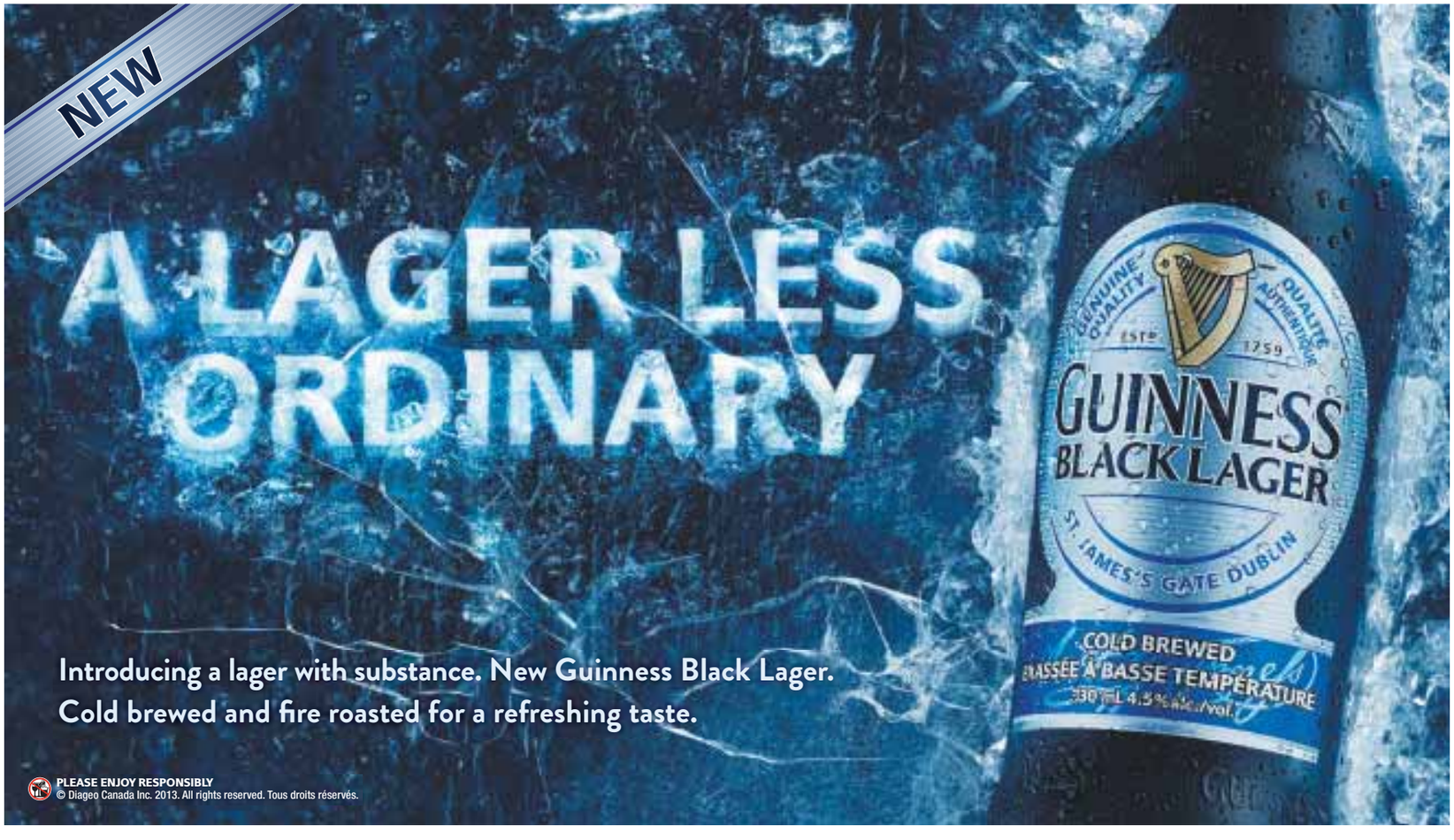
Joe Flacco looms larger than life in Denver, and not just because he engineered the stunning upset of the Broncos in the playoffs that propelled the Baltimore Ravens to the Super Bowl.

The league's marketing campaign for next week's kickoff game features several large banners of Flacco fluttering from lamp posts on downtown streets — and a giant one several stories high that hangs at Sports Authority Field alongside a banner of Broncos QB Peyton Manning.

That has drawn an angry public reaction from Broncos fans who have taken to Twitter and to the streets to vent their frustration.

In a radio interview this week, Manning questioned the placement of the Flacco banner on the stadium, telling KOA 850 AM, "It doesn't seem to make much sense that the Denver Broncos have to have an opposing player on their stadium."

THE ASSOCIATED PRESS



Horoscopes

♈ Aries
March 21 - April 20
Others will look to you to lead the way and to make the kind of decisions they are either unable or unwilling to make. It's a big responsibility but you're big enough to shoulder it — and you're a natural leader.

♉ Taurus
April 21 - May 21
You will have to get tough with someone you work with today. You know if you don't, they will take it as a sign of weakness and walk all over you. Don't let it reach that stage.

♊ Gemini
May 22 - June 21
The most important thing now is that you let the world know you cannot be taken for granted. That does not mean go to extremes but find ways to show you are a serious player.

♋ Cancer
June 22 - July 23
Anything that requires careful planning and sustained effort will come easy now and even if you start from a position that is way behind your rivals, you will soon overtake them. You have what they don't: staying power.

♌ Leo
July 24 - Aug. 23
Take a leading role in whatever project you are working on. You don't have to barge in, elbows flying, and knock everyone else out of the way. Just lead by example and others will surley follow.

♍ Virgo
Aug. 24 - Sept. 23
You may have thought that battles with co-workers were a thing of the past, but no such luck. If you are challenged today, you must strike back quickly and decisively.

♎ Libra
Sept. 24 - Oct. 23
Take a risk today if you think the odds are worth it but if you are uncertain then leave well alone. There may be only a dollar or two at stake but if you lose it will feel like a million.

♏ Scorpio
Oct. 24 - Nov. 22
You will snap at people for the slightest little thing today. With Mars moving through the most ambitious area of your chart you simply cannot be bothered with other people's petty problems.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be on the move today, so whatever your duties or chores may be, make sure you give yourself some free time. If you get an invite to a social event, take it.

♑ Capricorn
Dec. 22 - Jan. 20
Don't turn down an opportunity for a promotion just because there is a lot more work involved. Since when have you been afraid of rolling up your sleeves and getting stuck in? Show them how it's done.

♒ Aquarius
Jan. 21 - Feb. 19
Give yourself something to aim for and don't stop until you have reached your goal. It may at times seem as if the world is against you but that will encourage you to try harder.

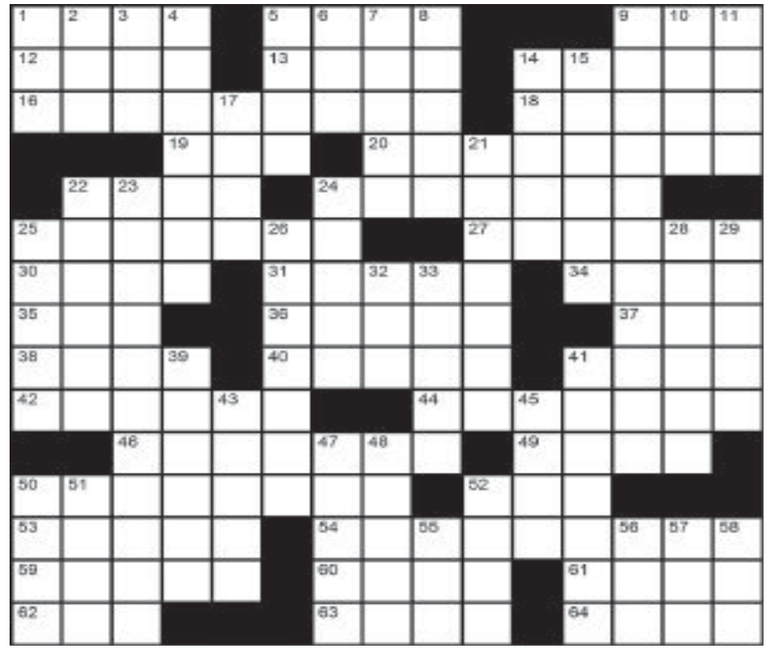
♓ Pisces
Feb. 20 - March 20
Friends and family members will let you know they are there for you today, and that's nice. Not that life will get especially tough over the next 24 hours but it's good to know support is there if you need it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

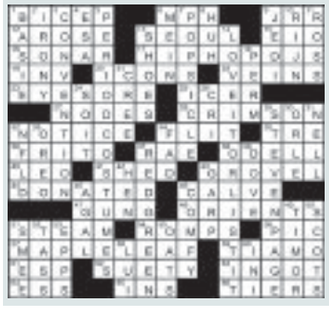
BY KELLY ANN BUCHANAN



Across
1. Types of PC files
5. __ tape
9. 1996 Snoop Dogg album: '__ Doggfather'
12. MTV's "The __ World"
13. Bread spread
14. Taj __
16. CFB __ (Naval base on Vancouver Island)
18. Jane Eyre was her governess
19. Fast rotation meas.
20. Canuck canine
22. Shakira's "__ Don't Lie"
24. Beyonce's sister
25. Eat elsewhere: 2 wds.
27. Parts of things
30. Additional
31. Morning jam spot
34. __ Spring Island, BC
35. Sport-__ (All-purpose vehicle)
36. Tedium
37. Week part
38. Scoop holder
40. Moves toward
41. Hide
42. Results
44. Canadian History: 17-century explorer who acted as an interpreter among First Nations, __ Brule
46. Confidant
49. Pay to play
50. Given a new book name
52. Dieter's stat.
53. Maid on "The Brady Bunch"
54. This thingy - ...in math: 2 wds.
59. Spelunker
60. Mr. Redding
61. Merle Haggard's "__ from Muskogee"
62. Compass dir.
63. Canadian actress Ms. Mitchell on "Pretty Little Liars"
64. "Cool!"

Down
1. Before
2. Iowa's capital, __ Moines
3. Website's help listing, commonly
4. Winnipeg, 'The __ Capital of the World'
5. Actor Mr. DeLuise's
6. 'Form' suffix
7. Classical quartet instrument
8. Wreck
9. Chocolate chip cookie by Canadian food brand
President's Choice: 2 wds.
10. Angel's crown
11. Yankee or Oriole, e.g.
14. __ Nixon, soprano whose singing was dubbed in for Natalie Wood in "West Side Story" (1961)
15. Words of wisdom
17. __ facto (By the fact itself, in Latin)
21. John the __
22. Socialite, Paris __
23. Jann Arden hit
24. Castle material
25. Mr. Bigalow, Male Gigolo
26. Fork or spoon
28. "Seinfeld" role
29. Flair
32. Ms. Ortiz of "Ugly Betty"
33. More certain
39. The Kennedys family member
41. Deer, to a carnivore
43. Compound in perfume
45. Pet food brand
47. Audition tapes
48. Meathead's mother-in-law
50. Running competition
51. Panache
52. Occupied
55. Ms. Peeples
56. Pres. Eisenhower
57. Angelina Jolie title role
58. Sandra Bullock movie, "The __" (1995)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5	4		8			
	6					1	2	
3	8				6	4		
6		1	9				5	
				8				
	2				1	3		9
		3	5				8	2
	4	2					6	
			8		2	7		

Yesterday's Sudoku

5	7	3	6	8	2	1	9	4
2	4	6	3	1	9	5	7	8
1	9	8	7	4	5	6	3	2
7	8	5	1	9	6	4	2	3
4	6	1	2	3	7	8	5	9
3	2	9	8	5	4	7	6	1
8	3	2	5	7	1	9	4	6
6	5	4	9	2	8	3	1	7
9	1	7	4	6	3	2	8	5

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